

# BRIDGES

WEDNESDAY, JUNE 3, 2015

## FASHION:

Lingene wins designer coveted award at Sask. Fashion Week. **P. 4**

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Honouring Saskatoon's finest at the YWCA Women of Distinction Awards. **P. 5**

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The best new food trucks in Saskatoon, pull up a curb! **P. 21**

A STARPHOENIX COMMUNITY NEWSPAPER

## REBUILDING A NATION

THE WISDOM OF CREE ELDERS  
AND THE URGE TO DEFEND HER HOME  
INSPIRE AND MOTIVATE  
AUTHOR AND LAWYER SYLVIA MCADAM  
**P. 6**



FREE

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

© BALLY MEADOWS

# Organized Obstacles: An Underdog Anthology

Have you ever been misread, misinterpreted, misunderstood or passed over by describing circumstances? Then you will no doubtly relate to the 12 notable stories in *Gregorian Obstacles to Ourselves Anthology*. This edition only shares the tales of individuals from all walks of life who have overcome the odds to become successful authors, speakers, entrepreneurs, musicians and community leaders. This book proves that sometimes our obstacles have been arranged for our own success.

I am one of the authors — the only Canadian — who contributed to this book. I have felt like an underdog a few times in my life. To me, an underdog is someone who feels under the gun.

100

*...or... or lesser, unusual... or someone who is treated unfairly by others. I touch on a few of these experiences in my story "Choosing to Praise." However, most of my story focuses on my journey in music ministry and how I have been able to rise above years of being passed down and dismissed by*

others to become a two-time national award-nominated singer-songwriter and contributing author to a No. 1 bestselling book. In this world where there is so much injustice, it's incredibly uplifting to read stories of people who have risen to a life of victory despite difficult circumstances.

I am an amazing company in that book, as contributors include New York Times and Amazon bestselling authors. The stories are widely varying, from challenges experienced with poverty to serious illnesses to financial and personal loss, from bankruptcy to bullying and repeat imprisonment; from losing a leg in a war accident to spinal stenosis and more. But most importantly, these are stories about hope and overcome.

When we experience difficult things in our lives, they either break us or make us stronger. If you are looking for inspiration for challenging circumstances in your own life, look no further than *Obstacles: An Unlikely Anthology*.

*Organized Obstacles: An Underdog Anthology* (retail price \$19.95) is available at [sallymendons.com/](http://www.sallymendons.com/), [McNally Robinson Bookstore](http://McNallyRobinsonBookstore.ca) (Vancouver) and a myriad of online stores including [amazon.ca](http://amazon.ca) and [amazon.com](http://amazon.com).

To learn more about my personal journey as a writer and musician, you can connect with me on Facebook or [facebook.com/SallyMenzelWriter](http://www.Facebook.com/SallyMenzelWriter), [Twitter.com/SallyMenzelWriter](http://www.Twitter.com/SallyMenzelWriter) and [Twitter @SallyMenzelWriter](http://www.Twitter.com/@SallyMenzelWriter).

To learn more about the contributions to this book, please go to [www.industrylink.com](http://www.industrylink.com).

Please share your own underdog stories at [sally@usdynachoice.com](mailto:sally@usdynachoice.com)



A vibrant, colorful poster for the Caswell Arts Festival. The top left features a large yellow '07' with 'JUNE 2015' and '12PM - 5PM' below it. To the left, a vertical banner reads '14th Annual Caswell Arts Festival' and 'OVER 100 ARTISTS'. The center features a large graphic of a hand holding a paintbrush, with the text 'ART IN THE PARK' overlaid. To the right, a stylized guitar and a colorful sunburst graphic are present. The bottom left contains the festival's website, caswellartsfestival.com. The bottom is filled with various logos of sponsors.

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Sylvia McAdam, the co-founder of Indigo Books, the biggest independent bookstore in Canada, considers herself a "mother and grandmother" first and foremost. **PHOTO COURTESY OF LIAM RICHARDS**

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If you're wondering about the survival of the monarch butterfly in your part of the world, add some plants or insects catered to your flower borders. **PHOTO COURTESY OF LIAM RICHARDS**

## BRIDGES COVER PHOTO BY LIAM RICHARDS

Bridges published by The Star Phoenix – a division of Postmedia Network Inc. – at 204 Fifth Avenue North, Saskatoon, Saskatchewan S7K 2P9.

Heather Penrose, editor. John Flueck, associate editor. For advertising inquiries contact 657-6540 editorial, 657-6327 home delivery, 657-6320 Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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# FASHION

## # SASKATCHEWAN FASHION

### Christina McFaddin: Lingerie is designer's passion

By Ashley Martin

**Moms know best.** Or least. Christina McFaddin's mom knows best.

After graduating high school in Brandon in 2009, McFaddin was all set to attend the local university to become an English-as-a-second-language teacher.

Her mom Cheryl changed her path with one simple question:

"She just casually asked if that's what I wanted to do and I was like well, I'm fine, I would like to do fashion design but it's not as realistic because you can't take that in Manitoba," said McFaddin, who won this year's emerging designer award at Saskatchewan Fashion Week (see W).

"And she was like, 'If that's what you want to do, you should do that.'

Without that exchange, "I would have gone into teaching," said McFaddin, who started her lingerie line, *Wear of the Month*, two years ago.

Instead of staying in Brandon, she took a risk and applied to the Art Institute of Vancouver, enrolling in the fashion design and merchandising program.

Fashion was a budding interest in McFaddin's teen years. She had always liked drawing, but started sketching clothes in high school. The summer after Grade 11, she bought a sewing machine and started teaching herself.

Her first taste of designing lingerie came during a class assignment in Vancouver. Her submission happened when she got a job as associate for lingerie designer Chris Repack.

It was like a new collection — making lingerie is "not as similar to sewing clothing," said McFaddin. "The machines, materials and pattern-making are all different."

She aims to make pieces that are feminine, comfortable and affordable.

"I want to be able to have a product that is something special, it's hand-made and it's made just for you and your body type," said McFaddin.

Lingerie is personal — some women keep it to themselves. But increasingly lingerie pieces are also seen outside.

"People are starting to wear sheer garments where you can see your buttcrack or back, where there's nothing to wear hoodie-style with high-waisted skirts and pants," said McFaddin. "Thinking that into consideration, trying to make some of my pieces more wearable."

She tries to source materials within Canada. She's heading to Montreal in July to get fabrics for her spring/summer 2016 collection, which will be shown in November at DealerRevelo's MaxxMoto show.

Have an outfit you've styled for an upcoming event? Send a photo to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)



- 1 TOP: Urban Outfitters
- 2 SHIRT: H&M
- 3 RINGS: La Chiffra
- 4 PANTS: Arizona
- 5 SHOES: Marshalls

UNDERWEAR: Her own designs. "They just fit better and they feel more comfortable, and then I feel nice in them too."



# ON THE SCENE

## # YWCA WOMEN OF DISTINCTION AWARDS

The Saskatoon YWCA held its annual Women of Distinction Awards sale at TCU Place on May 28. Seven local women were honoured in 10 categories for their contributions to the community. Karen Barrie, a professor of art, art history and warren arts and gender studies at the University of Saskatchewan, received the lifetime achievement award.

The other winners were Esca Vallet Lee in the under-29 category; Tasha Hubbard in arts, culture and heritage; Michelle Dauphinae in athletics; Chelecia Mann in community building; Karen Schuman in education; Katrina Germann in entrepreneurship; Jan Hebert and Shelley Lubrano in health and wellness; Michelle J. Culotta in leadership and business; and Julie Vassilieff in science, technology and research.

PHOTOS: PHOTOS BY LIAM RICHARDSON



8. Betty Ann Adam and her daughter Lucia Galante



9. Joyce Remington, Debbie Mullens and Terry Butler take a round-robin photo before a show starts  
10. Jordanne Jefferies, Melinda Miltzky, Lori Saage and Sherman McFarland

11. Terri Young, Deb Mulrooney, Shirley Blesse, June Young and Joie Blesse  
12. Dier Ollies Kerr, Oliver and Katie Martin

# ON THE COVER

I am protecting and defending my home.  
These are my homelands. — *Sylvia McAdam*

# SYLVIA MCADAM (SAYSEWANAHU)

## Back to the basics for grassroots leader

By Kerry Benjoe

**Sylvia McAdam (Saysewanahau) is not one to sit back and let things happen.**

"I refuse to be silent," she said from her home on the Big River First Nation.

However, the co-founder of the biggest grassroots movement in Canada considers herself a mother and grandmother first and foremost.

"I am not an activist or an environmentalist," said McAdam. "I'm at a different realm. I am protecting and defending my home. These are my homelands. These are where my people are born."

She said there is no word in the English language that can explain it.

"In my Cree language, I am a woman I am protecting," said McAdam. "It's *apapashawoo* and it is one of our most sacred laws that is broken in times of crisis or threat."

Her book *Nationalist Interruption: Revitalizing Nehiyaw Legal Systems* — a compilation of life experiences and elder's knowledge — is something she felt compelled to produce out of necessity. Within the book's ten chapters she shares what she has learned about language, culture, law and potential revolution all of which comprise nationhood.

McAdam believes First Nations people need to return the old ways of governance, leadership and education.

Over the years a growing concern for the land caused her to become involved.

"People need to be reminded that it wasn't Indian Act leadership that took treaty. It was a hierarchy structure, an inherent structure that included women in an integral and sacred manner,"

This book talks about that ... the role of women and how important that is. I hope that in my lifetime that will be revitalized and we will begin enacting ourselves from the Indian Act. I hope that



Sylvia McAdam, who co-founded the Idle No More movement, has written a book about recovering Cree culture through language. **REBORN** PHOTO BY LIAM MCKEEHAN

book narratives and narratives that journey for all indigenous nations. I hope that becomes a template for other nations."

She has been working with elders for several years and wanted to share what she learned.

The thing that kept coming out

of those interactions was that young people are no longer speaking the language and that, education, these teachings and this knowledge need to be recorded," said McAdam.

"I thought, I speak the language so I might as well take the opportunity and begin recording it, so I got permission from the people I interviewed using protocol, of course, to write this down."

She said no one can ever write down the spiritual laws because it's impossible.

"These are the physical laws of human beings," McAdam said about

her book. "There is spiritual take action out there, but there is writing that specifically talk about in dangerous laws. That is the first of its kind."

Although it was something that needed to be done, it was not an easy task.

We have no authority or jurisdiction to be extinguishing treaty terms for the (next) generations.  
— McAdam

"The hardest part was the transition — organizing the words of the elders into the English language," said McAdam. "Anything I didn't translate properly it's my fault and not the elders' as I take full responsibility for that."

While researching for the treaty and entitlement chapter, she started across something that has caused her great concern.

She said it is imperative that every Indigenous person realize what the words mean when it comes to negotiating claims with the government.

"We have an authority or jurisdiction to be extinguishing treaty terms and promises for the (next) generations," said McAdam. "We shouldn't be doing that."

Parts of her research also left her with hope.

"When I talk about creation and how the one-agreeable treaty terms and promises hasn't been fully implemented and realized," said McAdam.

That is a form of economic opportunity that Indigenous people have missed out on.

She hopes others will take the time and learn more about some of the things discussed in her book.

McAdam has a unique perspective on life, which has been shaped through her forced education and teachings by the elders.

She received her law degree from the University of Saskatchewan in 2008 and that training has helped to hone her research skills and give her the background to help interpret Ojibway laws.

McAdam was born and raised on the Big River First Nation in North Saskatchewan.

She grew up in a traditional setting and spoke fluent Cree speak- ing.

Both her parents did not attend residential school. Neither did her grandparents so there was no interruption in their traditional learning.

They then passed down their teachings to McAdam.

She balances recognizing traditional language and using it as important, which is why she opted to use Cree words throughout her book.

McAdam uses the book as a teaching tool for readers and included a glossary of Cree words.

Neil McLeod, an associate professor at Trent University is also an artist author and Cree speaker. He supports the way McAdam utilizes language in her book.

"I think more and more people will start to use Cree in their writing, both in terms of documenting stories, but also in terms of history (and) in terms of law," he said. "I think when you start from the perspective of Indigenous languages and the ideas behind them, then you (get) a completely different interpretation of how things are framed."

*Continued on page #*

## NATIONHOOD INTERRUPTED

REVITALIZING  
*nēhiyaw*  
LEGAL SYSTEMS

SYLVIA  
MCADAM  
(SAYSEWAHUM)

Sylvia McAdam is best known for her book *Nationhood Interrupted: Revitalizing Native Legal Systems*, a compilation of life experiences and Elders' knowledge.

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Every time I have heard her speak, I have been captivated by her stories and admire her skill level in the language.

—Neal McLeod

He said the inclusion of a glossary is good because it helps provide more written sources for those interested in learning Indigenous languages.

"Cree people have been writing language down since at least the 1800s without books," said McLeod. "I think the modern and contemporary movement of using Cree in books will continue. Probably in the next 10 years, maybe, you will see more books that are bilingual because I think we are at the first stage where people are using key words."

He said McLeod is exceptionally fluent and comes from a community where the people have a strong understanding of the language and the culture.

"I think that as time goes by, she will write another book and add more layers to it," said McLeod. "Every time I have heard her speak, I have been captivated by her stories and admire her skill level in the language."

Combining language and an understanding of western culture and law is something very interesting scholarly work.

"For too long, I think people have been just trying to transliterate English writing and just tried to fit everything into conceptual boxes or into English words," said McLeod. "I think if you start off with a Cree word, it opens up things in a different way. So if you talk about law, it's not just law in a court, it's powwow, like natural law — the law of the treaties and the law of the pipe, which frames it in a completely different way, which makes a whole world view."

He said Inuit don't go away when people start using more English, but he agrees with McLeod about the need to use the language and use language to capture cultural concepts.

"European Canadian writers, or other ethnic groups, still use English all the time, so why can't we use our own language?" said McLeod. "I think Sylvie is creating another space where the language will be used more and more."

In addition to using the books to help renew the Cree language, McLeod plans on redeveloping the name of her great grandfather Skipwayas, who was an original signatory of Treaty 8.



Sylvia Moladen reads from her book *Nehewachim: Reclaiming Nehewachim Legal Systems* at the First Nations University of Canada in Regina in April. PHOTO COURTESY MCCULLAGH NATIVE UNIVERSITY

Not only did I see the beauty of the lands and waters. I also began to see the devastation of logging and other activities that were happening. — Book excerpt

Like between all's important to remember and honour the past.

Sayre-McCord has two possible meanings and both are connected to the land.

One meaning refers to the deer or moose on the ground in the spring and fall ... the other means a walk through the north.

Idle No More started as an online discussion between four women that exploded into a grassroots global movement.

In the final chapter of McAdam's book she explains where it all started.

Her mother was from Whitefish Lake, also known as Big River First Nation. Her father and his ancestors were from Stony Lake in northern Saskatchewan.

McAdam has fond memories of childhood and being on the land with her family — it was a simple time.

In the summer of 2011 she re-returned home.

"Not only did I see the beauty of the lands and waters. I also began to see the devastation of logging and other activities that were happening. I felt grief for the devastation and development I was witnessing. I began to feel a profound and protective love for the lands in which my people were born and handed down to me," she writes.

It was during this same time she became aware of the federal government's C-45 Omnibus Budget Bill.

The bill angered her because it loosened restrictions on Canada's Navigational Waters Protection Act, weakened Canada's Labour Code and affected the Indian Act.

McAdam, mother of seven and grandmother of nine, said she could not live with herself if she stood by and allowed such changes to happen without speaking up against it.

Continued on Page A3



An image from the book *Nationhood Interrupted: Residential Schools and Idle No More*

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I think a lot of people think Idle No More is gone, but it's well established, and I think it's a slogan and movement that young people are very enchanted with. — Shannon Avison



Alecia Wilson, Brina Lee (Alannah McLennan), Sophie McLean and Shannon Avison at a powwow for Idle No More at the University of Saskatchewan in June 2013. (PHOTO COURTESY OF SHANNON AVISON)

"I had no idea how big it would get," she said about the movement. "It was such a powerful collection of grassroots people saying, 'No, you can't continue doing this. You are putting our future at risk.'

Shannon Avison, associate professor Indian Communication Arts in the department of Indigenous Languages, Arts and Cultures at First Nations University of Canada, said she was impressed with what the Idle No

More movement was able to accomplish, primarily through the use of social media.

She has taught public relations classes and moderated classes at PolyU for more than two decades and said it was interesting to see how far a small Saskatchewan-based grassroots organization was able to reach.

She said what is interesting is that the movement was able to resonate throughout the world with

just founders and no leader or major organizations.

(But it did not surprise her.)

Generally, Aboriginal organizations and groups tend to not have dedicated public relations staff, which is what occurred with the Idle No More Movement and it is understandable, said Avison.

The media hasn't been particularly interested, and the kinds of stories they are looking for are the kinds of stories that make people

get organizations back bad," said Avison.

And violence in the community and sexual — that's what she means looks for because that's the type of things people read."

Unfortunately, the Aboriginal community has provided many

of those kinds of stories,

she said and resonated with the Aboriginal community.

However, Idle No More was able to get their message out without reliance on the media.

I had no idea how big it would get.  
— McAdam, an Idle No More



Sylvia McAdam is designing a campaign to encourage First Nations to take action. BRIDGES PHOTOS BY LIAM RICHARDSON

"The principle of the movement is that it's grassroots and it's empowering people of all levels as they become leaders and they are defining their rights," said Aviana. "I think what starts out as strength becomes a challenge for the movement."

However, most make Idle No More different from other indigenous movements in that although it was started by indigenous people it's not exclusively indigenous. It's something other Canadians and organizations can support.

Aviana said if she was one of the only times an indigenous movement was able to get indigenous concerns onto the public discourse,

"I think a lot of people think Idle No More

is gone, but it's well established, and I think it's a unique and movement that young people are very enthusiastic with, and I think it has tremendous potential." She believes the movement will continue to be a force to be reckoned with and not a force in a negative way but a force in terms of leading understanding and generating change.

McAdam continues to be active. She plans to move forward and continue to fight to protect her homeland.

She has turned back to the community to be closer to the land and to begin her campaign to be the next chief of Big River First Nation. [bigriverfirstnation.ca](http://bigriverfirstnation.ca)

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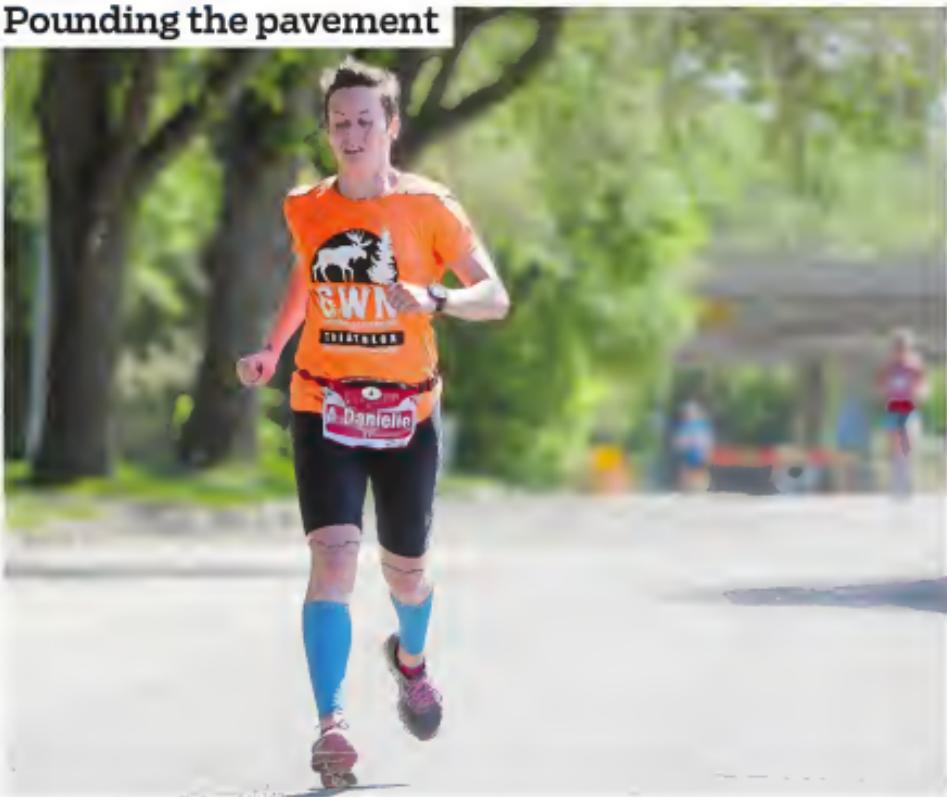
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# IN THE CITY

# MAY 31, 2015 — 10:40 A.M.

## Pounding the pavement



Danielle Snappison competing during the Sedona Marathon in Sedona on May 23. (PHOTO BY LISA RICHARDSON)

# EVENTS

What you need to know to plan your week.  
Send events and photos to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MUSIC

**Wed., June 4:**

**Apostrophe**  
O'Sullivan Event Centre,  
341 Second Ave. S.

**Glen Eagle and I Are the Mountain**  
Buds on Broadway,  
817 Broadway Ave.

**Marty Grenda**  
Pizz's Pub and Grill,  
1403 14thfield Dr. N.

**Thurs., June 5:**

**Giles A'Boir**  
Crackers Restaurant & Lounge,  
1-227 Pritchouse Dr.

**Reckless Fergus**  
Buds on Broadway,  
817 Broadway Ave.

**An Evening with Aaron Carter**  
O'Sullivan Event Centre,  
341 Second Ave. S.

**Seafaroon Songwriters**  
Circle John Antoniuk and  
Jeff Laroche  
Vineyard Tavern,  
801 Broadway Ave.

**Lee Streeter w/ Kiss Up**  
Capital Music Club  
344 First Ave. N.

**Fri., June 6:**

**Bill Raff**  
Buds on Broadway,  
817 Broadway Ave.

**Plane Pródigo: Jason Brown**  
Buds on Broadway:  
The Young  
Democrats  
The Basement,  
324 Fourth Ave. N.

**Karen Wages**  
Army & Navy Club,  
329 First Ave. N.

**One More Troubadour**  
McNally Robinson,



Catch An Evening with Aaron Carter Thursday at O'Sullivan Event Centre. DUSTY IRVING/FOR PHOTOS

**The Moes and Sean Split w/ The Foggy Notions**  
Antics Comedy Club,  
805 Dufferin Ave.

**Forrester Young**  
Teen Town Tavern,  
3330 Fairlight Dr.

**Jambo w/ Black Vienna and Old Towne**

**Capital Music Club,**  
244 First Ave. N.

**Autopilot w/ Ultimate Power**  
Das, Chico, Robin Bonham and  
Men Next

**Vineyard Tavern,**  
401 Broadway Ave.

**Apollo Cru**  
Peggy's Pub and Grill,  
1403 14thfield Dr. N.

**Portland Stage**  
Stan's Place,  
106-110 Ruth St. E.

**Sat., June 7:**

**Hill Buff**  
Buds on Broadway,  
817 Broadway Ave.

**Piano Saturday: Maurice Brown**  
Jazz Singer Series: Heidi Munro  
The Basement,  
234 Fourth Ave. N.

**Band Wagon**  
Army & Navy Club,  
329 First Ave. N.

**Phoenix**  
Downtown Legion,  
606 Spadina Cres. W.

**Henry Startup**  
Nutana Legion,  
3031 Louise St.

**No Harry Trip**  
McNally Robinson,  
3330 Eighth St. E.

**Toronto Jade w/ The Do Good Ladies**  
Capital Music Club,  
324 First Ave. N.

**The Partnership w/ Bramko and the Law and the Prophets**  
Antics Comedy Club,  
805 Dufferin Ave.

**Lobster Party: Amy Heffner/Wildfire**  
O'Sullivan Event Centre,  
341 Second Ave. S.

**The Seven Seas Paintings w/**  
Conduit and a Guest in Drag  
Vineyard Tavern,  
401 Broadway Ave.

**Apollo Green**  
Peggy's Pub and Grill,  
1403 14thfield Dr. N.

**Flatland Slings**  
Stan's Place,  
106-110 Ruth St. E.

**Amesbury Jane**  
Buds on Broadway,  
817 Broadway Ave.

**Erica and Friends**  
McNally Robinson,  
3108 Eighth St. E.

**The Ladies of Hartness**  
Capital Music Club,  
344 First Ave. N.

**Mike, June 8:**

**Michael Wood Band**  
Buds on Broadway,  
817 Broadway Ave.

**Tues., June 9:**

**Decade Comedy Night**  
Buds on Broadway,  
817 Broadway Ave.

**Breakfast w/ Designated Drivers**  
Vineyard Tavern,  
801 Broadway Ave.

# ART

**Rouge Gallery**  
June 3-20 at 240 Third Ave.-S.  
A new collection by Edie Department

**Void Gallery**  
Until June 6 at 3-1038 Eighth St.  
St. 1. Works of the Vanier Peninsula, black and white  
photography by Sharon Carlak.

**Black Square Gallery**  
Until June 13 at Highway 2 et  
Northgate Wet, representing  
30 Canadian artists.

**Will in the City 3**  
Until June 15 at City Perks Coffeeshop,  
2017 Seventh Ave. N.  
A group exhibition by Saskatoon  
area artists.

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with works by Dee Giesen  
and member Terry Billings.  
Bubs Coleman will be spring  
exhibit of Dreaming Art/Gallery  
June 6-7, 10 a.m. to 4 p.m.  
"Tours of the First exhibition  
June 6, 1 p.m.; 4 p.m. Deans  
Reception June 7, 12  
noon to 5 p.m. Check out the  
closing sale in the Gallery  
shop. The gallery will be  
closed June 8.

#### Eyes Gallery

Until June 19 at 117-1132 Cal-  
gary Dr. Photography by TRISI  
Themes.

**SCHAF Art Gallery**  
Until June 19 at 203 11th Ave  
S-3-3 by Shelly Harvekost.

**Gallery on Third, Various**  
Until June 20 at 100 20th Ave  
E., Wanuskewin Spring Flirt,  
a group exhibition.

**AKA Artisan+Thru**  
Until June 20 at 424 20th St  
W. Revisited by Diane Clouston.

**Hankeleit and Associates Inter-  
iors**  
Until June 20 at 601 Main  
St., Humboldt, Saskatchewan.  
An ICRA touring exhibit of  
Saskatchewan's interior design,  
furniture, a local perspective  
exhibit by Sharon Libman; an  
artwork exhibition by Shanon

**Housing Plus Art Supply**  
Until June 20 at 181 Loma  
Ave. 100% Bright Artisan  
Metal Art and Acrylic Paint  
Miller. Reception June 20, 2  
p.m. to 6 p.m.

**Centre East Galleries**  
Until June 22 at The Centre  
Manitou studio that in the  
May/June gallery, until display  
by IIBC in the Joe's Galleria;  
Echoes in the Ice Finding



Gardens of Chichen Itza by Sharon Conder, on display at the Mad Gallery

display by Levine King Spill It's  
Photo Art in the Arikter Gal-  
lery; art by Different Stories  
in the Nansen gallery; display  
by Shakespeare on the pas-  
kalochewen in the Crimson  
gallery; and display by the  
Saskatoon Public School  
Boatmen the Magnets and  
Indigo Galleries

#### The Gallery of Art Place- ment

Until June 25 at 230 23rd St E.  
Revisited by Diane Clouston.  
Building Blocks by Stephen  
Knechek.

**Station Arts Centre, Ros-  
ethem**

Until June 27 at 701 Railway  
Ave., Rosetown Pulse, paint-  
ings by Anna McElroy

**Kating Plus Art**  
Until June 27 on the asphalt  
floor of the Bessborough  
Brown sculptures of wildlife  
by Tim Schatz and hyper-  
realism media by William Pretti

**Western Development  
Museum**  
Until June 30 at 2510 Loma  
Ave. IIBC by Misty Van Miller.  
Echoes in the Ice Finding



Pyramids of Giza by Sharon Conder, on display at the Mad Gallery

Pyramids of Giza by Sharon  
Conder. A travelling exhibition  
that uses artifacts, images, audio-  
visual presentations and art

#### Art in the Centre

Through June 24 at Partridge  
Centre, 100 Paraglen Cres.  
Works by Miriam Artists.

**The Gallery at Frances Hor-  
ner Cultural Library**

Until July 3 at 312 23rd St E. In  
the Foothills of Tom Long and  
Hargarten and Alan Van New  
Works from Aspen Park.

#### Western Development Museum

Until July 5 at 2601 Lorne Ave.  
Echoes in the Ice Finding  
Pyramids 2014. A travelling  
exhibit that uses artifacts,  
images, audiovisual presenta-  
tions and art.

#### Affinity Gallery

Until July 11 at 113 Broadway  
Ave. City Studio Three 40th  
Anniversary Exhibition. Ce-  
remonic works from current and  
past members of Clay Studio.

Three Paul Castle, Loraine  
Sotter Judy Ryan, El Fermer-  
dez, Ron & Rusty Kandola,  
Martin Tschudin, Thelma  
Howard, Nancy Grummert.

and Elaine Hansen

**Handmade House Show-  
case**

Until Aug. 1 at 710 Broadway  
Ave. 10th Verses by Anita  
Reckmeyer.

#### 31. Thomas More Gallery

Until Aug. 27 at 1437 College  
St. Sequences by Marisa Marion  
and Carolyn Miller.

#### Riverhouse Studio & Art Gallery

Until Aug. 31 at 334 Spruce  
Cres. Artworks by Emily  
Can. Considerations of living  
and dying at the same  
time at the Humanus Group of  
Services. A Practical Meditation  
zoomed out from features  
family care issues.

#### Ukrainian Museum of Canada

Until Aug. 31 at 190 Spadina  
Ave. Eliezer's House photo-  
exhibition. Lucien Duncy and  
Karla Kosak.

#### # FAMILY

**Stars and Stripes**  
Wednesday, 10 a.m.-11  
City's Chevres in The Centre  
Choice of two movies  
each week. A baby-friendly  
environment with lowered  
volume, dimmed lighting, a  
changing table and stroller  
parking in select theatres.

**Cine Climb and Play**  
Daily 10 a.m. to 8 p.m. In Bay  
4 of 819 South Railway St. in  
Learnard. Saskatchewan's newest  
indoor playground. For children up to age 12. Visit  
www.cineclimbplay.ca or their  
Facebook page.

#### Pure Poetry Indoor Play- ground

Daily 10:30 a.m. to 8 p.m. At Bay  
4 in Learnard. A giant indoor playground  
for young children. Adults  
and children under one year  
are free. There is a separate  
seated area for children under  
two.

#### Children's Play Centre

Daily at Leuzon Heights Mall.  
A fun, safe environment for  
preschool children to play.  
Please note this is an un-  
supervised play area, and adults  
must stay with and supervise  
children at all times.

#### Market Mall Children's Play Centre

Daily just off the food court  
at Market Mall. This play area  
is free and as obstacle course,  
adults must wear a helmet  
when playing.

#### Swatte's Landing Cafe

Thursdays, 10 a.m. to 11:30  
a.m. at Westend Primary  
Health Centre, 3411 Fairlight  
Dr. A drop-in program for  
parents and caregivers with  
young children. Sessions will be facilitated by a nutrition consultant with a  
brief educational presentation,  
and time for interaction with  
the other mothers.

#### Movies for Families

Thursdays, 1 p.m. at Balneum  
Cinema in The Centre. An  
infant-friendly environment  
with reduced sound, change  
tables, bottle warming and  
stroller parking.

# EVENTS

**Southern Indoor Playgroup**  
Thursdays, 9:15 a.m. to 10:15 a.m., through May, at Emmanuel Baptist Church, 1030 Acadia Dr. Parent-supervised playgroup for kids up to age five. A bounce house and soft toys. For kids, designated infant play area, coffeehouse for parents. Registration on arrival. Information at [southernplaygroup.ca](http://southernplaygroup.ca) or their Facebook page.

**Parent and Toddler Yoga**  
Tuesdays, 9:30 a.m. to 10:15 a.m., under canvas, 10 weeks, 10:30 a.m. to 11:15 a.m., at Yves' Life, 3-15 Third Ave. S. Classes taught by Nina Zotti. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, a story and song. Classes are weekly. Register at [yveslife.com](http://www.yveslife.com), [yves@yveslife.com](mailto:yves@yveslife.com), 306-381-8852.

## Silks in Stroll

Fridays, 9 a.m. to 10:30 a.m., meet in front of Custom Art Services at The Mall at Linton Heights. Classes consist of power-walking, body-building moves using exercise balls and a stretching, for parents and babies. Preregister at [www.silksinwalk.ca](http://www.silksinwalk.ca). No classes on stat holidays.

## Baby Talk at SPL

Fridays, 10:30 a.m. to 11:30 a.m., at Corpus Christi Branch and 3D Wood Branch, and Tuesdays, 10:30 a.m. at City Wright Branch. Hair-free styling and rhymes. Then mingle with other parents.

## Preschool Parent Workshops

**Workshop: Tools for Childhood**  
Saturdays, 1 p.m. to 4 p.m., at birth/infant, 4th/5th Aves. S. Taught by Nina Zotti. Learn various tools and techniques to help you through labour and delivery. No previous yoga experience is required. Classes are six weekly. Register



The annual RoyalCorp Children's Festival of Saskatchewan runs June 5 to July 1 at Keweenaw Memorial Park.

at [freedomfromyoga.ca](http://freedomfromyoga.ca), 360-361-8852.

## PostureCorp Children's Festival of Saskatchewan

June 5-7 at Keweenaw Memorial Park. Shows, children's activities and interactive performances measuring 10 ft. Bob Everybody's Fat, The Little Prince, Think Bigz Wide Open & Magical Marion, and Will Stott and his backyard band. Trunks and information at [posturecorpchildrensfestival.com](http://posturecorpchildrensfestival.com).

## StoryWalk® on Sundays

June 7, 12 p.m. to 4 p.m., at the Mendel Art Gallery, 500 Spadina Cres. E. For ages four to 12, accompanied by an adult. An interactive outdoor reading session with stories provided. Meet special artwork to complement the classics of this Mantle art gallery. Mini books will be offered from 1 p.m. to 4 p.m.

## Kid Yoga Classes

Ages 4 to 10 on Saturdays, 10:30 a.m. to 11:30 a.m.; preschoolers ages five to 12 on

Monday, 10:30 a.m. to 11 a.m., at Yves' Life, 3-15 Third Ave. S. Classes taught by Nina Zotti.

**PostureCorp Children's Festival of Saskatchewan**  
June 5-7 at Keweenaw Memorial Park. Shows, children's activities and interactive performances measuring 10 ft. Bob Everybody's Fat, The Little Prince, Think Bigz Wide Open & Magical Marion, and Will Stott and his backyard band. Trunks and information at [posturecorpchildrensfestival.com](http://posturecorpchildrensfestival.com).

## Drop-in Read Camp

June 8-12, 9 a.m. to 12 p.m., at Mayfield United Church; and July 6-12, 1 p.m. to 4 p.m., at Emmanuel Anglican Church and The Refiner. For parents and preschoolers, ages three to five. Rhyme, songs, games, crafts, stories and fun for families to learn and play together. Register at 306-653-5448, [readcamp.ca](http://readcamp.ca).

## Mums and Dads Yoga

Mondays, 11:30 a.m. to 12:30 p.m., at Yves' Life, 3-15 Third Ave. S. Classes taught by Nina Zotti. For mothers with babies as young as six weeks. Safe and strengthens your body, learn relaxation and medita-

**What you need to know to plan your week.**  
Send events and photos to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

**Summer Camps**  
July 1 to Aug. 10, at Keweenaw Memorial Park. Various activities for ages four to 12. Call 306-933-1477.

**Health Centre**, 246 Broad Ave. S. Taught by a doula and certified yoga teacher. Information and safe for any stage in pregnancy. Call 306-231-0443 or email [matkayakay@gmail.com](mailto:matkayakay@gmail.com). No class on stat holidays.

**Preschool Story Time**  
Tuesday, 10:30 a.m. to 11 a.m., at McNaulli's Restaurant, 31-33 Eighth St. For children ages three to five in the Circle of Trees. Call 306-933-1477.

**Playgroup**  
Monthly and seasonal events. Hosted by Prairie Hearts Learning Community, a group of families inspired by holistic playwearing. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

**Postnatal Yoga**  
Monday, 6:30 p.m. to 7:30 p.m., at Keweenaw Memorial Park. Classes are six weeks.

Register at [freedomfromyoga.ca](http://freedomfromyoga.ca).

**Montessori Yoga**  
Monday, 10 a.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 246 Broad Ave. S. Beginner to intermediate. Yoga designed to help with postpartum recovery. Baby friendly classes with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [montessoriyoga.ca](http://montessoriyoga.ca). No class on stat holidays.

**Engineering for Kids**  
Children ages four to 14 can learn about technology and how engineers help it develop. Classes, camp parties, and clubs with hands-on STEM achievement activities. Call information and register at [engineeringforkids.net](http://engineeringforkids.net) or 306-991-4295.

**Zumba in the Park**  
Thursdays until June 25, 7 p.m. to 8:30 p.m. at European Linear Park. Presented by Evergreen Community Association. A fitness program that combines Latin and international music with dance moves. Tickets at [pacuscan.com](http://pacuscan.com).

## See You Next Event

June 4, 7 p.m., at Regent Theatre. New films made by local filmmakers. The films will show monthly in the movie slot and projected on their original film format. Admission is free.

**Saskatoon Public Library Programs**  
Ongoing daily programs for children and families. Find the calendar at [saskpubliclibrary.ca](http://saskpubliclibrary.ca) or visit [saskpubliclibrary.ca/education/public\\_hours.php](http://saskpubliclibrary.ca/education/public_hours.php).

**# SPECIAL EVENTS**

**Seakats on Farms!** Mar. 1st. Open your year joyful. Wednesday and Thursday, 10 a.m. to 2 p.m., and Saturday 8 a.m. to 2 p.m.,

Farmers are in attendance. Tuesdays to Friday, 10 a.m. to 2 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open. Information at [saskfarmersmarket.com](http://saskfarmersmarket.com). Contact 306-384-6282, [saskfarmers@sasktel.net](mailto:saskfarmers@sasktel.net).

## Markgate Entertainment Store

Wednesday, 10:30 a.m. to 3 p.m. at St. Paul's United Church, 456 Albert Ave. Clothing for babies, children, adults and women, and jewelry finds. Rated support the Lighthouse project.

## Mayfield Carpet Bowling

Wednesday, 11:30 a.m. to 1 p.m. at Mayfield United Church. Beginners and experienced players are welcome. For information call 306-651-3551.

## Carpet Bowl

Thursdays, 12 p.m. to 4 p.m. at Nutana Legion Hall, 3012 Louise Ave. Hosted by the Nutana Senior Citizens Association. Lunch and coffee are available for a fee.

**Shuttle Bus**  
Thursdays until June 25, 7 p.m. to 8:30 p.m. at European Linear Park. Presented by Evergreen Community Association. A fitness program that combines Latin and international music with dance moves. Tickets at [pacuscan.com](http://pacuscan.com).

**See You Next Event**  
June 4, 7 p.m., at Regent Theatre. New films made by local filmmakers. The films will show monthly in the movie slot and projected on their original film format. Admission is free.

**SPFC Dances**

Thursdays through June, July and August, 7 p.m., in Keweenaw Park Recreation International Folklore Club. Learn dances from many countries around the world. Everyone is welcome. Admission is free. Visit [saskfolklorepeaces.com](http://saskfolklorepeaces.com).

# EVENTS

## Borden Farmers' Market

Fridays until Oct. 9, 9 a.m. to 5 p.m., at Borden Hall Jefferson at 322-999-2129.

## Orbits Nursery Diner and Auction

June 3 at the German Cultural Center, 1600 Cartwright Ave. Dinner, a live auction and a silent auction. Tickets at \$15 per person. Funds raised support the Saskatoon Crisis Nursery.

## Fourth Annual Saskatoon

Fashions and Design Festival

June 5-7 around Saskatoon Presented by Koenig Real Estate Group. Three days of fashion events. Includes trend and style workshops, indoor and outdoor fashion shows and contests. Event tickets and information at [peacock.com](http://peacock.com).

## Wetaskiwin Community Gentrification

Saturdays, 10 a.m. to 2 p.m., at 34th Street North or three clothing for all ages, free baked goods from a local bakery. They take donations of clothing, footwear, accessories and toys. Information at 306-222-4737.

## International Trails Day

June 6, all day, along the Manose Trail. A series of guided tours of remote trailheads to promote trail development, the use of trails and the healthy lifestyle they encourage. Walk, run or roll on the Manose Trail and learn about trails. Information at [manose.ca](http://manose.ca).

## Old Gray Tailor Run

June 6, 8 a.m. to 3 p.m., at Nutana Legion, 3621 St. West. Hosted by the Canadian Legion of Riders, starting at Nutana Legion with a pancake breakfast. Then touring through Biggar, North Battleford, Blaine Lake and back. With a barbecue and dance in the evening. Hearing live music by Decadeless. Registration includes first head, breakfast and dance.



**Live Out Loud:** Saskatoon Pride goes June 7 to 14 with lots happening around Saskatoon

Information at 306-292-9914, [dc@sunrise.ca](mailto:dc@sunrise.ca)

## Capital One Race for Kids

June 6, 9 a.m. to 2 p.m., at River Landing. Anational fundraiser for talents of four over 15. Prizes for race winners and best dressed team. Funds raised support local boys and girls clubs programs. Register at [raceforkids.ca](http://raceforkids.ca). Information at 306-344-1830, [downhill@sasktel.net](mailto:downhill@sasktel.net).

## Blazing of the Rockies

June 6, 7 p.m., at Broadway Theatre, 64th Street and 10th Avenue. A brief inter-faith blessing. Celebrating the environmental, social and health benefits of cycling. With the Spiritual Assembly of the Bahai's of Saskatoon in attendance. Music and bicycle ride-in singing, and a parade of decorated bikes. Everyone is welcome.

## Strawberry Social

June 6, 2 p.m. to 4 p.m., at

Hope United Church, #38 Spokane Crkt. with cake and music. Fancy hats are optional. Tickets at the church office, 306-244-9159.

## Penta Rica 2013

June 6, 6 p.m., at Auto Credit Motor Spurway. Sask Legends Division competition are Sask Legends, mini-buck dolars and pro truck. Tickets at the gate.

## Whaleback Thruhd

June 6, 7 p.m., at Broadway Theatre, 64th Street and 10th Avenue. A brief inter-faith blessing. Celebrating the environmental, social and health benefits of cycling. With the Spiritual Assembly of the Bahai's of Saskatoon in attendance. Music and bicycle ride-in singing, and a parade of decorated bikes. Everyone is welcome.

## B Flammenco

June 6, 7 p.m., at Theatre Louis Cyr, 2000 Avenue F. A re-enactment of Flamenco by Kari Alles, performed by beginner, intermediate and advanced dancers of

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win Chapter. With a simulation and prize giveaways.

## Open Open Backroads

June 7, 12 p.m. to 5 p.m., around Saskatoon. A celebration of built heritage. Peek behind the doors of some of Saskatoon's most interesting and culturally significant buildings. List of participating buildings at [doorstopopen.ca](http://doorstopopen.ca).

## Dance with Day

June 7, 3:30 a.m., at Woodlawn Cemetery. Everyone is welcome.

## Saskatoon Auditory Walk

June 7 at Grace-Westminster United Church, 505 16th St. E. Tickets at McNauly Robinson, 3100 16th St. E. Other times of availability. Food, drink, clothing and accessories from indie craft products, baking, and blues dishes. New vendors welcome. Call 306-664-2928 or email [audwalk@sasktel.ca](mailto:audwalk@sasktel.ca).

## Summer Melodies

June 7, 7:30 p.m., at Grace-Westminster United Church, 505 16th St. E. Presented by the Saskatoon Concert Band. Auxiliary Works by Mozart, Beethoven, Sibelius and Mendelssohn. Tickets from inventors or at the door.

## Live Out Loud: Saskatoon

Pride Week

June 7-14, around Saskatoon. Hosted by the Saskatoon Pride Committee. With a Pride Party on the Prairie City Pier June 7, 3 to 6 p.m.; a fire rising at City Hall June 8, 7 to 10 p.m.; Gay Games June 9, 7 p.m.; art and fashion show June 11, 7 p.m.; A community fun June 12-13; and PSLC, an outdoor pride party June 13, 8 p.m. Tickets at [sunrise.ca](http://sunrise.ca). Information at [saskatoonpride.ca](http://saskatoonpride.ca).

## Twinkly Lights Theatre

June 7,

8-9 p.m.

at The Woods

Ale House,

148 Second

Ave N.

Community Stage featuring

twinkly lights.

Information at

306-664-6554, [twinklylights.ca](http://twinklylights.ca).

weather permitting. Their 85th season newcomers are welcome. Three free lessons are provided. Call 306-976-1043.

## Off-Broadway Farmers' Market, International Bazaar, and statue

Wednesday, 11 a.m. to 6 p.m., in the heart of Grace-Westminster United Church, 505 16th St. E. Offers a variety of local produce, food, clothing and accessories from indie craft products, baking, and blues dishes. New vendors welcome. Call 306-664-2928 or email [audwalk@sasktel.ca](mailto:audwalk@sasktel.ca).

## Book Signing at McNally

Regular book signings at McNally Robinson, 3100 Eighth St. E. For schedule and information visit [mcnallyrobinson.com/booksignings](http://mcnallyrobinson.com/booksignings).

## English for Employment Class

Hosted by the Saskatoon Open Door Society. Improve English pronunciation and communication, and learn what you need to find work in Saskatoon. Information or registration at 306-252-4320, 306-664-6466, [info@opendoorsask.ca](mailto:info@opendoorsask.ca), or [classes@opendoorsask.ca](mailto:classes@opendoorsask.ca).

## # THEATRE

### The Adams Family

June 7, 3 p.m. and 8 p.m., at Broadway Theatre. The Adams family, living in a vacation in Central Park. When Wednesday falls in love and brings her new boyfriend and his family onto to neutralise the Adamses.

Tickets at 306-652-6554, [broadwaytheatre.ca](http://broadwaytheatre.ca).

Zoom links are often provided by bridges.org/zoom or zoom.us/meet. Zoom links are also available by email to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com).

## # ASK ELLIE

**Address red flag issues before they become deal-breakers**

**Q.** I met this woman online who seemed really nice and pretty. I wanted to meet her in person, though she lives a few hours away.

She insisted that we keep talking until she felt sure that I'm not playing her, because she's been hurt before.

So we texted, emailed, and phoned daily for a month. Now she says she loves me and is ready to be in a new romantic relationship.

But it's taken a lot of travel back and forth, involving each other's family and friends right away.

It feels very fast for me.

**Speed Train**

**A.** It is too fast to declare love to someone she's never met in person. She's trying to shortcut a relationship ahead of time.

However, you have some responsibility yourself for encouraging her when you wanted to meet soon, which did involve travelling.

Show things down. One step at a time. Show each other where and how you live, talk more about your interests etc.

**Ask Ellie**

If you decide to meet make sure she understands it's not a commitment until you know each other better.

**Q.** I know my fiance was a good man, but now it's worrying me.

Anything I suggest, he discusses with his Mom and brings back her contrary opinion.

If I went yellow flowers, she pre-amps pink. If I want a small reception, she says we can't leave out any and costumes.

We're paying for our own wedding. But she wants to take it over and pay nothing. What's worse, he goes along with it.

**Misunderstanding**

**A.** The red flag isn't his mother; it's how he handles her.

Don't waste your energy being angry with her; she's been manipulating his decisions for years, and he's clearly not challenged her.

Tell him first now there's a need for him to draw boundaries as an adult with a partner, so that you two can decide your own lives.

**A.** Weddings, traditionally the Devil's Day and she knows that. She's entitled to make suggestions, but not to override what you two decide.

If he agrees with you before on a small exception, that's it. Also, it's likely what you can both afford.

If she wants to host a large reception, at a later date, all in her expense, you and your fiance could consider it. Or not.

There is no need to be mean or disrespectful, just turn around what you both can accept and what you can't.

He has to understand that other wise, her "opinions" and intentions can upset you two apart.

**Q.** I was set up with this guy by a friend, who I will say is a great match. When he called, he talked for an hour about himself.

"On the state," he talked all through dinner, and asked me to expect to stay the night! He had people from the day before.

The next day he apologized saying that he was already so sure we'd be a couple. He wanted to get together the next night.

I said I was going away for two weeks with a girlfriend. I never heard from him again.

**Blind Date**

**A.** It was all about him.

This was a red flag from the get-go! He acted nothing, but like assumed you had a boyfriend, denied you were lying, or is too needy to be tolerated for that long.

Tell your friend that you'll meet your own dates. This guy doesn't want a match — he wants constant attention.

**Q.** I've recently been feeling a bit low. I knew my best friend and her husband breaking a few months earlier and decided they were better as friends.

I decided I had to tell her the whole truth.

She asked if it was just a coincidence, or maybe I told her I didn't know.

She now won't speak to me. People are telling me to stop living in with them, although I'm happy than I've ever been.

There wouldn't even be anything between the two of them.

What should I do?

**Uncertainty**

**A.** Apologize. Say you didn't mean to hurt her.

There are unwritten "rules" about going after someone that your friend liked, and you know that has told her after the fact.

Testing isn't dating. It's a very wrong way of testing a connection. He may only want to be friends, so it's not worth losing your best friend ... unless she decides to lose you.

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F B G

# GARDENING

## # GARDENING IN SASKATCHEWAN

### Plant milkweed to attract monarch butterflies

By Sara Williams

If you've worried about the survival of the monarch butterfly in your part of the world, why not add some prairie or swamp milkweed to your flower border? The butterfly's favoured (*Millettia speciosa*) is a green stocky wild pea that looks and grows magnificently; however it doesn't survive in Zone 3 at all in the Prairies, whereas the swamp milkweed will.

The monarch butterfly (*Danaus plexippus*) is one of the best known but most threatened of the butterfly species in North America; in Canada it is a Species of Special Concern (www.sararegistry.gc.ca). The monarchs that migrate from Eastern Canada and the Prairies cross the Great Plains to winter in southern Mexico. It is estimated that about one per cent of these lovely black, orange and white butterflies have disappeared in the last 20 years. Loss of habitat due to urban sprawl, logging and agriculture in all parts of its migratory route — perhaps most importantly as an overwintering habitat in Mexico — is the major cause of its decline.

In Canada, the female monarch deposits her eggs exclusively on the lower leaf surfaces of milkweeds. The larvae hatch three to five days later with food in easy reach (the milkweed leaves on which they hatched). Over a period of a few weeks they shed their skin four times, increasing in size each time.

After pupating as a chrysalis for a further two weeks, it emerges as an adult butterfly at which stage it can feed on the nectar of a number of different flowers other than milkweed (including annuals such as asters, marigolds and zinnias). Over a season, up to six to three generations are produced in Canada.

The final generation that emerges at the end of the summer feeds on nectar to build up the energy for migration. As many native milkweeds are disappear from agricultural land, so does the food source of the monarch butterfly butterflies. And so their numbers decline. Planting patches of milkweed will help provide a more continuous source of food along the lengthy migration path of the monarch butterflies.

For a plant with the common name of swamp milkweed, this perennial is an exceedingly drought tolerant and vigorous on the drier sites of situations. They will spread by rhizomes if conditions are to their liking. If that happens



In Canada, the female monarch butterfly deposits her eggs exclusively on the lower leaf surfaces of milkweed (*Asclepias speciosa*).

and it's not to your liking, plant them in the back line.

On the fringes of Noosa National Park in southeastern Australia, on granite outcrops from the Greek coastline, the grid of medicine referred to its ecological properties, while uncommonly vicious fish pack and describes the flowers.

The showy whorl-pink flowers are born on 90 to 95 cm stems in early summer, show off 15 cm across leaves. Several cultivars are available. 'Everyone Rose' has rose-pink flowers.

'Credence' is a dainty rose-pink 'Milkweed' and 'Ice Ballet' both have white flowers. 'Soulmate' has white flowers with rose-pink bracts. Start seeds about six weeks prior to planting outdoors. Use a well-drained potting mix

plus, covering seeds with about three mm of the soil. After three weeks, lights or in a sunny window. Germination should take place within two weeks. Transplant seedlings into hand-available pots. Give them time to establish themselves before planting outdoors in full sun.

Swamp milkweed is a good border plant or in a dry garden and they make excellent cut flowers.

Sara Williams is the author of the newly expanded and revised *Creating the Prairie Landscape: Gardening Naturally: A Charming Handbook for the Prairie and the Saskatchewan Flower Garden Park & Zoo*. A Photographic

History Book will be featuring a garden tour to Green Arches in May 2015 and co-leading with Michaela Morten, a tour of *Farms and Flora of the Canadian Prairies* in July 2015. Call 306-589-9893 for more information.

This column is provided courtesy of the Saskatchewan Horticultural Society ([www.saskhort.org/horticulture@shsmb.com](http://www.saskhort.org/horticulture@shsmb.com)). Check our website board for calendar for upcoming garden information sessions. U of S Frost Free Garden Show, 13 June. Garden & Leisure Show, 13, 14, Garden Tour, 14 June 14.

Gardening is open for the season to solve your garden problems: 306-666-5880; [gardening@saskair.ca](http://gardening@saskair.ca).

## # CROSSWORD

NEW YORK TIMES Edited by Will Shortz

## ACROSS

1 Exponents of Frobenius-based  
5 Key to Michel's last  
game plan (6)  
10 Acoustician (Def.)  
14 2012 N.Y.L.A.  
All Star Homer...  
15 French bulldog  
described (Enigma) (6, 8)  
16 Reward for later  
success (6)  
17 Rawson (last)  
18 Resident of 122  
Seeger Street  
19 Mechanic dies  
39 U.S. government in  
the 1930s (6)  
43 Ails for day, way  
46 Tedd's parents  
47 Literary drink  
48 EARL, more or less  
33 Quirks  
34 Arctic negotiator  
35 Country's highest  
volcano  
36 Geography  
39 ELLI, EARL, LURK or  
GEAR, geographically  
47 Gull's song  
48 Some nest eggs  
49 Atta (last)  
46 Like Thoreau  
48 LEADS, given a ballyhoo  
51 Holes (last)  
54 "Wake Up, WAKE UP"  
CD title  
55 For the most part  
58 CANT (geometrically)  
59 Give it a go? (7)  
60 I'm not... (6)  
63 Kar (related)  
64 Symbol of authority  
67 Quik Key  
68 "We'll be back!" (play)  
69 Goods over (inviting)  
70 Arched  
71 Heirs of an admiral's  
DOWN

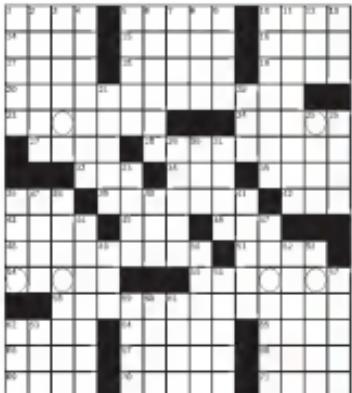
1 Missing trade  
4 Female character, shortly

# JANRIO  
CLASSIC  
SUDOKU

Level: Bronze

Fill in the blank cells  
using numbers 1 to 9.  
Each number can appear  
only once in each  
row, column and 3x3 block.  
Use logic and  
process of elimination  
to solve the puzzle.

We difficult level  
ranges from Bronze  
(easiest) to Silver  
(medium) to Gold  
(hardest).



PUZZLE BY DAVID LANDMAN

2 Whales big market  
300,000 individuals  
30 article in Old  
Zeal  
44 Reversal  
3 Household Hat at  
Purmon George  
31 Final (ad)  
32 Director Hoffman  
33 D  
34 Spicy sound  
35 See the Penn  
36  
37 Men will smile like  
sheep  
38 Tangle  
40 an  
41 Great Profil  
44 Dear old West  
partner  
47 bon  
49 Light board older

50 Neural  
incentive  
52 What rods of this  
puzzles caused  
severely headaches  
53 Happily (adj.) of  
"Mother Goose's  
Night-Gown"  
56 In a big major  
57 Star (nameless)  
58 Unconscious (n.)  
60 Put on board  
61 ... issue (verb, done  
"The Music Man")  
62 ... Mission  
63 Chop down

Illustration by

Silhouette in the  
armchair (Janice) and  
the Southern (Doris)  
Illustrations by

	3	7	6		1	
8		4		6		
6		7	8	9		3
	8				3	
3	5	8	2	4	7	9
7					5	
2	6		4	1		8
1				8		5
9		1	7	2		

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ON GAME DAY!

Pilsner   
Coors  
LIGHT

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# OUTSIDE THE LINES



## # Colouring contest

Each week, Stephanie McKey creates a family-friendly contest meant to please kids of all ages.

Children can colour the page here or print it with the finished product and email it to [bridge@theazphoenix.com](mailto:bridge@theazphoenix.com). One winner will be chosen each week.

Please send entries by Monday at 9 a.m.

**Social Good parties** are mini fundraisers organized by **YOU!**

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- 2 Go to [www.CanadaHelps.org](http://www.CanadaHelps.org) and create a fundraiser
- 3 Tell all your friends!



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# SHARPEATS

## # SASKATOON FOOD SCENE

### The best new food trucks to hit the city and why it's worth the price

By Jenn Sharp

Saskatoon's food trucks are out in full force (or for the most part) quality sake.

Some question the expense of the truck's food with put-downs — paying upwards of \$15 for a meal, wrapped in tinfoil that you eat standing out-side, high, especially when the price is comparable to a restaurant. But perhaps that perception needs to change.

I don't mind paying for quality and expect that any truck pricing items above the \$15 mark will be worth the price. The ingredients should be fresh, the food should be made from scratch and most importantly it should taste awesome.

In a world where so many go through life on auto pilot, eating and tasting has become the norm. It's not possible to really taste your food if you're too busy to stop and appreciate it. We've forgotten how to live in the present because we're too busy planning for the future and thinking about the past. That translates to mindless eating and a disconnection from food.

Brian Sherry, one of the owners of the highly popular Bruff City Cafe agrees, saying eating in all about perception. If you approach a food truck with the idea that you have to stand out-side and eat off the food won't taste all that spectacular. "If you turn the experience into a sit-down, spacious, sun-warmed table and windowsills, the surroundings of whatever street corner that truck is parked on, it becomes something entirely different."

"It becomes an experience and for TTF [they pay more money] to be frank which we're giving people a more elevated dining experience off-the-street. That's all part of the charm. The reason is short to enhance it and pull up a curb."

Food truck chefs are giving people a more elevated dining experience off-the-street. That's all part of the charm. The reason is short to enhance it and pull up a curb.

Bill Matthews recently sold his restaurant to operate a truck full-time.

"It's a labour of love. It's not always about the money. It's about enjoying what you do, the satisfaction you get, and the smiles when people eat your food — that's the real payback."

Sherry agrees but it's not cheap to operate a food truck. After you figure in the cost of the seasonal permit, gas, food costs, staff wages and a short operating season (about 90 contracts), not having a break even point.

Sherry is the only restaurateur to waive the City of Saskatoon's permit agreement with food trucks. As part of the agreement, food trucks can't be parked within a certain distance of street-side restaurants. Sherry wants trucks like Matthews' to eat up space on Deft off Deft.

"It adds to the ambiance," he says. He wants people to grab a sandwich from Matthews' or coffee from Deft and take a seat at one of the wooden benches out front.

In the end, we're all busy (try?) sending people to other restaurants. Why wouldn't we send them down to a food truck?" says Sherry.

He would like to close off the street for a hour and tell the area with food trucks for impromptu street parties during the summer. It's all part of the community he's building at Deft and food trucks for integral to that.

Matthews has run new food trucks this year and at least seven others are on the street every week. Check out [saskfoodtrucks.com](http://saskfoodtrucks.com) for live tracking. Here's a roundup of a few new ones and what you should try.

Do you think food trucks measure up priced appropriately? Let me know your thoughts: [jsharp@starPhoenix.com](mailto:jsharp@starPhoenix.com), [Twitter.com/JSharpKings](http://Twitter.com/JSharpKings). Continued on Page 22



#### CHICK-A-LICK

**WHAT IS IT?** Fried but not overly greasy chicken wings and a few sinful desserts (like Death By Chocolate.)



**TRY:** Sherry's Chick \$9.95 Lightly breaded and seasoned chicken pieces in a spring mix coleslaw with cranberries, sunflower seeds, house vegetables and sriracha honey drill dipping sauce. The fried hen march to venti here; about half the honey drill dip is beyond perfect. And the chicken breading is definitely homemade and worth the treat.



#### SOOMSOOM

**WHAT IS IT?** Named after the Hebrew word for "yogurt," the truck offers a range of ethnic Middle Eastern eats, some of which you've probably never tried in Saskatoon.



**TRY:** Go for the classic baba ganoush sandwich \$10. Chef Cakes Delin makes the haloumi bread and from scratch daily. The pita bread is a thick and authentic, too. Watch for daily specials like Shishkabobs, Sabich and Yemeni Mantab!



## REBEL MELT

**WHAT IS IT?** The truck's slogan: "put the south in your mouth." Sun-dried tomato, southern-inspired comfort food kicked up a notch.

**TRY** The Rebel Melt, \$9. Their signature sandwich is loaded with applewood-smoked bacon, smoked Gouda and a sweet, spicy bacon jam. I waited in line at the May Mayhem food truck festival for a total 30 minutes for that sandwich. It was worth every second, especially the bacon jam.

The sandwich took home first place for Rebel Melt at the festival's Food Truck Wars.



Rebel Melt food truck owners Abby Brown, from left, Alison Miller, Jennifer Brown and Diane Deproost were after they were awarded first place for Best Main Course at the Food Truck Wars on May 23. (Photo by Michael Lam) **MICHAEL LAM**



## YUMMY TRUCK

**WHAT IS IT?** After a one-year hiatus, Yummy has returned with a revamped menu of gourmet pizzas and savory grilled cheese options.

**TRY** The Supreme, \$10. Thick slices of sautéed mushrooms, sautéed apples and onions! The cheese tastes like apple pie! Between bakery fresh sourdough bread, the cheese cheese soaked right through the waffles on this one. But that's all part of the experience right? If you're looking for a healthier choice, pick up one of Yummy's protein shakes.



## GANGSTERS ITALIAN SANDWICHES

**WHAT IS IT?** Bill Matthews sold his restaurant, The Old Quiche House, to run a food truck selling classic home-made Italian sandwiches, like Parchment on a bun.

**TRY** The Italian Sausage, made with pork shoulder sausage, San Marzano tomato marinara sauce, sautéed peppers and melted parmesan-reggiano cheese, \$8.95. Fresh-baked comes from Floating Biscuits, the peppers from Grandpa's Garden and all the sandwiches are on FortBread Bakery bread.



Below: Glory the owner of Drift Cafe is the only restauranteur to receive the City of Seattle's permit agreement with food trucks. That means the truck can't be parked within a certain distance of established restaurants. (Photo by Michael Lam) **MICHAEL LAM**

# WINE WORLD

## # SUMMER COCKTAILS

## A sophisticated drink to match grown up tastes

By James Romanow

If you were to wander through the Embassy district of Rosewood sunset you would see very number of chau cells with small craft tables out front. Invariably the patrons will consist of elegant young women, sipping simple black dressings, high heels and dark glasses. That "simple" dress costs a couple of thousand dollars, which is a good part of why it looks so elegant.

In front of each young women you see a glass of Prosecco, we might a white wine. When the women are older and a lot more confident their beverage reflects their complexity. As often as not it is a Campari or an Aperol.

The Campari is a red liqueur made of 100% of vermouth, a medicinal tonic from the Middle Ages. It contains cinchona bark to keep you malaria free. There are other options and flavours, including Rhubarb & ginger (the main ingredient in Angostura bitters). The result is a very complex, somewhat sweet beverage. As near as I can tell, Aperol was invented to have less alcohol content than Campari, about half as much.

It's usually drunk as a spritzer cutting the alcohol health benefit and making for a very pleasant pre-dinner drink. Another popular Italian drink the Negroni, is gin, vermouth and Campari. A quick variant is to substitute the Aperol for the Campari. Go the pure



gin and Aperol route if you prefer. No sooner have you drunk it, than a complex and interesting beverage with a flavor profile completely unlike anything you're going to find on the "mixster" list in chain restaurants. If you find yourself drinking a more sophisticated drink (to match your Versace) give it a whirl.

**Aperol spritzer, \$38 \*\*\*\***  
Find more next week here and in Monday's paper and always on Twitter @drjameso.

## Crossword/Sudoku answers

ACHTS	BFLAT	USSES
NOAH	HESEK	TIVY
BONA	ERINIE	IDES
RIGHTTRIANGLE		
ONADATE		TIMES
GROD	TRAPEZOID	IBIS
VIM	OVO	ETNA
LOT	POLYGON	ECK
IEAS	AAA	RED
RECTANGLE	COVE	
ROCKER	LARGELY	
CHAR	WAIVE	OTIC
BEIN	DOOR	NEINA
OWNS	LEANT	EXES

5	2	3	7	9	6	4	8	1
8	9	1	4	3	2	5	6	7
6	4	7	5	8	1	9	2	3
1	8	2	9	7	5	6	3	4
3	6	5	8	2	4	7	1	9
4	7	9	6	1	3	8	5	2
2	5	6	3	4	9	1	7	8
7	1	4	2	6	8	3	9	5
9	3	8	1	5	7	2	4	6

## ARTS & LIFE

EVERY DAY IN THE

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Known as Canada's best tech/digital media conference and music festival, MoSo is aiming to celebrate its fifth birthday with its best speaker and artist line-up ever.

Taking place in Saskatoon's iconic Broadway District June 18-21, MoSo attracts some of the best and brightest from across North America for a multi-venue, multi-day celebration of innovative ideas and fruitful collaboration.

For two days, conference participants will hear from industry leaders in the tech, social media and digital marketing fields, learning about the latest digital developments, trends and tools available and how to leverage them for the best results.

This year, we are pleased to have executives from Twitter Canada, MasterCard, WIRED Magazine, plus many other notable companies, share insights and ideas that will help attendees learn how to better engage with their audience online.

Representatives from local companies, such as Zu and OneStory, will also be speaking at this year's conference.

But MoSo is more than just a conference and at night, the Broadway District comes alive with the music festival. Featuring the best in established and upcoming musical artists from around the world, the music festival aims to open up a whole new world of musical experiences to festival attendees.

This year's impressive line-up includes artists such as Swervedriver, Deerhoof, Limblifter, Cancer Bats and Rae Spoon. Playing alongside these big, international acts, are a number of local artists including Friends of Foes, The Moas and Shooting Guns.

If you want to learn more you can head to the MoSo website at [moso2015.com](http://moso2015.com) where you will find information on all the speakers and artists as well as information on how to purchase an all access pass to the conference and festival.

